



# Muslim Circle of Canada

Saskatoon Unit

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## Speech and Knowledge Competition 2023

### Speech Topics: Masnoon Duas

#### Group: Pre-KG

(1) Before Eating

بِسْمِ اللَّهِ

*Bismillaah.*

With the Name of Allah.

(2) If you forgot to say Bismillah, then say -

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

*Bismillaahifee 'awwalihi wa 'aakhirihi.*

With the Name of Allah, in the beginning and in the end.

Ref: [Abu Dawud 3/347, At-Tirmizi 4/288.]

(3) After Finishing a Meal

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا، وَجَعَلَنَا مُسْلِمِينَ

*Alhamdulillahil ladhi at'amana, wasaqana, waj'alna min-al Muslimeen*

Praise be to Allah Who has fed us and given us drink and made us Muslims.

Ref: [Abu Dawud: 3846, Nasai: 10047-10048, Tirmidhi: 3457, Ibn Majah: 3283]



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(4) Before Sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

*Bismika Allaahumma 'amootu wa 'ahyaa.*

In Your name O Allah, I live and die.

Ref: [Al-Bukhari 11:113, Muslim 4:2083]

(5) When Waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.*

Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

Ref: [Al-Bukhari, cf. Al-Asqalani, Fathul-Bari 11/113, Muslim 4/2083.]